



# Bulletin

THE OFFICIAL JOURNAL OF THE KENT COUNTY MEDICAL SOCIETY & THE KENT COUNTY OSTEOPATHIC ASSOCIATION EARLY WINTER 2023

— *Serving Physicians in Kent, Ottawa, Barry, Ionia, Montcalm, and Kalamazoo counties* —

A photograph of a sunset over the ocean. The sky is filled with vibrant colors of orange, red, and pink. In the foreground, there are dunes with tall, dry grasses and a few bare trees. The ocean waves are visible in the distance.

# 2023

---

*year in review*

Kent County Medical Society *Page 6*

Barry County Medical Society *Page 11*

Kalamazoo Academy of Medicine *Page 13*

Ottawa County Medical Society *Page 14*

Kent County Osteopathic Association *Page 17*



# Contents



## BULLETIN

### EDITORIAL COMMITTEE

Gregory J. Forzley, MD — *Editor*

Patrick J. Droste, MS, MD

Herman C. Sullivan, MD

### PUBLISHED BY

Kent County Medical Society &  
Kent County Osteopathic Association

233 East Fulton, Suite 224

Grand Rapids, MI 49503

Phone 616.458.4157

Fax 616.458.3305

[www.kcms.org](http://www.kcms.org) • [www.kcoa-mi.org](http://www.kcoa-mi.org)

### AFFILIATED AGENCIES

Barry County Medical Society

Kalamazoo Academy of Medicine

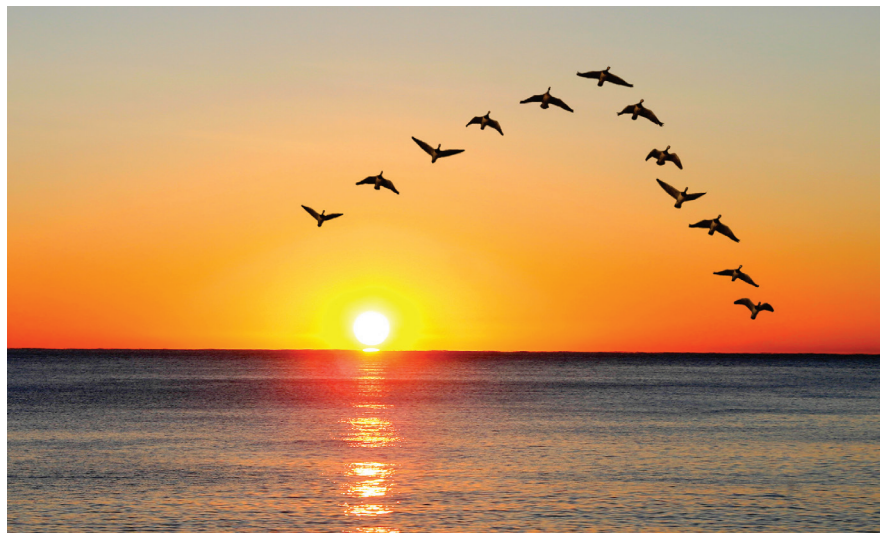
Kent County Medical Society Alliance

Kent Medical Foundation

Ottawa County Medical Society

*All statements of opinions in  
The Bulletin are those of the individual  
writers or speakers, and do not necessarily  
represent the opinions of the Kent County  
Medical Society and the Kent County  
Osteopathic Association.*

*The Bulletin reserves the right  
to accept or reject advertising copy.  
Products and services advertised  
in The Bulletin are neither endorsed  
nor warranted by the Kent County  
Medical Society or the Kent  
County Osteopathic Association.*



### Cover Photo

As the sun sets on fall weather, County Societies reflect on 2023 and anticipate work in 2024.

### CONTRIBUTORS

- 22** Kent Medical Foundation
- 24** Alliance Heartbeat
- 28** Kent County Health Department
- 39** MSU - College of Human Medicine

### KCMS

- Meetings of Interest **5**
- President's Message **6**
- MSMS On-demand Webinars **9**

### COLLABORATION

- Barry County Medical Society Year in Review **11**
- Kalamazoo Academy of Medicine Year in Review **13**
- Ottawa County Medical Society Year in Review **14**
- AMA Reports Joy in Medicine Update **15**
- In Memoriam **16**

### KCOA

- Meetings of Interest **18**
- President's Message **19**

### GET INVOLVED:

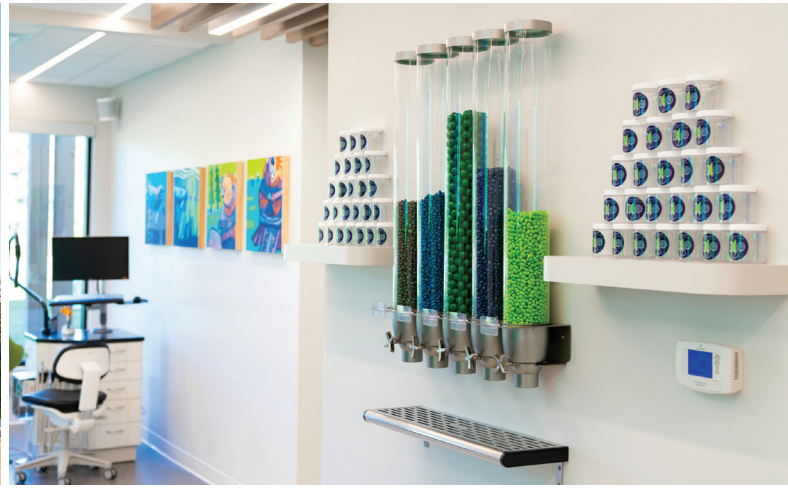
Learn more about the Kent County Medical Society at [www.kcms.org](http://www.kcms.org).

Learn more about the Kent County Osteopathic Association at [www.kcoa-mi.org](http://www.kcoa-mi.org).





KNAPP ORTHODONTICS



**YOUR SPACE,  
OUR BUSINESS**

CONSTRUCTION | REAL ESTATE | PROPERTY MANAGEMENT

firstcompanies.com | 616.698.5000



**FIRST  
COMPANIES**



Mark Your Calendar



KCMS 121ST  
**ANNUAL  
MEETING**  
OF THE MEMBERSHIP

**AGENDA**

- **2023 Year in Review**  
*KCMS President  
Adam J. Rush, MD*
- **Election of New Officers**
- **Appointment of Delegates and Alternate Delegates**

**Thursday, January 18, 2024 | 6:30-8:30pm**  
Watermark Country Club  
1600 Galbraith Ave. SE, Grand Rapids, MI 49546

*Members and spouses/guests welcome.*

**RSVP TODAY!** Phone: 616.458.4157 Email: [kcmsoffice@kcms.org](mailto:kcmsoffice@kcms.org) Online: [kcms.org](http://kcms.org)



# KCMS OFFICERS & DIRECTORS

**PRESIDENT**

Adam J. Rush, MD

**PRESIDENT-ELECT**

Warren F. Lanphear, MD

**PAST PRESIDENT**

Belén Amat, MD

**DIRECTORS**

Jayne E. Courts, MD

Megan M. Edison, MD

*Director-at-Large*

Edward P. Fody, MD

*OCMS Representative*

Eric L. Larson, MD

*Director-at-Large*

**REGION 8 DIRECTORS**

Eric L. Larson, MD

*Kent County Medical Society*

Brian R. Stork, MD

*Muskegon County Medical Society*

**REGION 5 DIRECTORS**

Belén Amat, MD

*Barry County Medical Society*

Mark E. Meyer, MD

*Kalamazoo County Medical Society*

**DELEGATION CHAIR**

David W. Whalen, MD, MPH

**SERVING ON MSMS BOARD REPRESENTING WEST MICHIGAN**

Jayne E. Courts, MD, FACP

*Board Secretary*

Bryan W. Huffman, MD

*Vice Speaker of the House*

*(Region 8; Ottawa County)*

Phillip G. Wise, MD

*Speaker of the House*

**KENT COUNTY MEDICAL SOCIETY DELEGATES**

Anita R. Avery, MD

Patrick J. Droste, MS, MD

Megan M. Edison, MD

Warren F. Lanphear, MD

Karen Leavitt, MD

Tudor Moldovan, MD

Rose M. Ramirez, MD

Adam J. Rush, MD

Sonia Samant, MD

John E. vanSchagen, MD

David W. Whalen, MD

Phillip G. Wise, MD

**BARRY COUNTY DELEGATION**

Belén Amat, MD, Delegate

**KALAMAZOO COUNTY DELEGATION**

Michael D. Chafty, MD, JD, Delegate

**OTTAWA COUNTY DELEGATION**

Bryan W. Huffman, MD, Delegate

Andrew Cureton, MD, Alternate Delegate



# Join Us

KCMS MEETINGS OF INTEREST

## ONLINE CALENDAR

### GET THE LATEST INFORMATION ON KCMS EVENTS

Please check out the events page at [www.kcms.org](http://www.kcms.org).

**JANUARY 18, 2024**

### KCMS 121ST ANNUAL MEETING OF THE MEMBERSHIP

6:30-8:30pm | Watermark Country Club

**FEBRUARY 3, 2024**

### NATIONAL WOMEN PHYSICIANS' DAY

**MARCH 30, 2024**

### NATIONAL DOCTORS' DAY

**MAY 11, 2024**

### MSMS HOUSE OF DELEGATES

Lansing

## OUR MISSION:

*The Kent County Medical Society is a professional association, uniting the physicians in Kent County into a mutual, neutral organization; preserving and promoting the health of the citizens of Kent County, the physician/patient relationship, the medical profession, and the interests of physicians.*

## Visit us

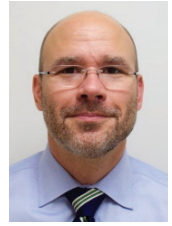
For event details, check out our website [kcms.org](http://kcms.org)





## PRESIDENT'S MESSAGE

# Changing Times



Adam J. Rush, MD  
2023 KCMS President

Fall is a time of change. Kids go back to school, hauling their (ludicrously overloaded) book bags. The deer I've seen all year in my yard will somehow magically disappear when I'm sitting in the woods before dawn. And, of course, the leaves change color. Before we know it, we'll see the first snowflakes of winter (my wife, who is from Orlando, claims that S.N.O.W. stands for Stuff No One Wants).

The last few years it's seemed that every season is one of change. I scarcely know where to begin, except to say that very little of it has been good for physicians or for patients.

Our profession is highly regulated by the government, by our own national professional organizations, by health insurance payers, and increasingly by healthcare conglomerates. EMRs have become the leading cause of physician burnout.<sup>1</sup> MOC has not yet been shown to provide benefits,<sup>2,3</sup> but is conservatively estimated to cost each physician \$3,100 plus 33 hours annually.<sup>4,5</sup> As healthcare organizations grow, both their physician employees and independent physicians face new challenges in terms of referral patterns, hospital privileges, and non-compete clauses.

Through all of this, our local and regional physician representatives have been, in the words of Agent Kay, our "first, last, and only line of defense." I'm honored to be associated with such a fine group of professionals. Physicians are talented, disciplined, and compassionate individuals. I do not know of any other profession whose members give more of their time back to their community. Every one of you should be proud of your contributions.

Yet even among physicians, members of KCMS' Board and our Delegates to MSMS have in recent years gone above and beyond in their work on important issues such as scope of practice, behavioral health policy, insurance codes, prior authorization, and auto insurance "reform."

I am particularly proud of KCMS' work this year with other county medical societies to ensure that our regional issues are heard at the state level. As a partner of MSMS we worked with them this year to help rebuild their financial health as they implement important structural changes. I am hopeful that a stronger MSMS will be even more able to serve physicians' interests in the future.

KCMS continues to work on these issues and many more on your behalf in the hopes of reducing the administrative burdens placed on physicians and improving the quality of care for our patients. I thank you for your continued support through your membership and encourage your continued active involvement with the medical society. Especially, please continue to take every opportunity to interact with your representatives in Lansing.

Thank you all for your continued support of the Kent County Medical Society.

<sup>1</sup> Budd J. Burnout Related to Electronic Health Record Use in Primary Care. *J Prim Care Community Health*. 2023 Jan-Dec; 14:21501319231166921.

<sup>2</sup> Uprety D, West HJ. Maintenance of Certification (MOC)-Benefit vs Burden. *JAMA*. 2023 Sep 22. Epub ahead of print.

<sup>3</sup> Rottman BM, Caddick ZA, Nokes-Malach TJ, Fraundorf SH. Cognitive perspectives on maintaining physicians' medical expertise: I. Reimagining Maintenance of Certification to promote lifelong learning. *Cogn Res Princ Implic*. 2023 Jul 24;8(1):46.

<sup>4</sup> Sandhu AT, Dudley RA, Kazi DS. A Cost Analysis of the American Board of Internal Medicine's Maintenance-of-Certification Program. *Ann Intern Med*. 2015 Sep 15;163(6):401-8. Erratum in: *Ann Intern Med*. 2016 Oct 4;165(7):532.

<sup>5</sup> Adjusted for 2023 dollars as per <https://www.in2013dollars.com/us/inflation>



# Annual Dues Support Work to Improve Medicine

We appreciate your membership and welcome your comments and input.

The 2024 Dues are tax-deductible as follows:

- KCMS: 99%
- MSMS: 76.1%

KCMS Board of Directors, Committee members and Delegation volunteer on behalf of ALL KCMS Members and their practices in the following areas. Members are welcome to join any of these areas to utilize their leadership talent and/or learn more about how physicians' voices can be heard to shape the practice of medicine.

## SEATS AT THE LEGISLATIVE TABLE

The practice of medicine is changing rapidly. From legislative and regulatory issues to state and local ordinances, external forces impact the education and practice of our profession daily. When exposed gaps in the health care system are highlighted, there are opportunities for new messages and ways to address them. Physicians need to work collectively with our health care colleagues, administrators and elected leaders to achieve a more effective and equitable system.

## WORK SIDE-BY-SIDE WITH COLLEAGUES FROM ALL OVER MICHIGAN

The Michigan State Medical Society Annual House of Delegates meeting will be held in Lansing on May 11, 2024 and will be a one-day gathering.

## COMMUNICATION AND ALERTS

- **Quarterly *Bulletin* magazine:** Provided to West Michigan physician members. Printed version provided by request.
- **Quarterly E-News alerts:** Provided electronically to share CME and/or social opportunities.
- **Advocacy alerts and advocacy opportunities:** Year-round alerts for members provided electronically.

To learn more about these opportunities, or if you have other questions, contact Patricia Dalton, MPA, MA, Executive Director at [patricia@kcms.org](mailto:patricia@kcms.org) or (616) 560-5336.

S E R V I N G H E A L T H C A R E P R O V I D E R S F O R O V E R 3 0 Y E A R S

Your

## HEALTHCARE LAW FIRM

Wachler & Associates represents healthcare providers, suppliers, and other entities and individuals in Michigan and nationwide in all areas of health law including, but not limited to:

- Healthcare Corporate and Transactional Matters, including Contracts, Corporate Formation, Mergers, Sales/Acquisitions, and Joint Ventures
- Medicare, Medicaid, and Other Third-Party Payor Audits and Claim Denials
- Licensure, Staff Privilege, and Credentialing Matters
- Provider Contracts
- Billing and Reimbursement Issues
- Stark Law, Anti-Kickback Statute (AKS), and Fraud & Abuse Law Compliance
- Physician and Physician Group Issues
- Regulatory Compliance
- Corporate Practice of Medicine Issues
- Provider Participation/Termination Matters
- Healthcare Litigation
- Healthcare Investigations
- Civil and Criminal Healthcare Fraud
- Medicare and Medicaid Suspensions, Revocations, and Exclusions
- HIPAA, HITECH, 42 CFR Part 2, and Other Privacy Law Compliance

**WACHLER**  
ASSOCIATES

[wachler.com](http://wachler.com) • 248.544.0888



# MSMS On-demand Webinars

The MSMS Foundation has a library of on-demand webinars available, many of which are free, making it easy for physicians to participate at their convenience to meet their educational needs. Here is a complete listing:

## Webinars that Meet Board of Medicine Requirements

- A Day of Board of Medicine Renewal Requirements 2023
- Human Trafficking
- Implicit Bias Training: Reducing Unconscious Bias – an Imperative (RUBI) – One Hour
- Implicit Bias Training: Reducing Unconscious Bias – an Imperative (RUBI) – Two Hour
- Implicit Bias Training: Reducing Unconscious Bias – an Imperative (RUBI) – Three Hour
- Medical Ethics – 12 webinars to choose from
- Pain and Symptom Management – Naloxone Prescribing
- Pain and Symptom Management, and Balancing Pain Treatment and Legal Responsibilities - 2023

## Grand Rounds Series

- Tripledemic (Flu, RSV, COVID)
- A Review of COVID-19 Variants
- Advanced Minimally Invasive Treatments for Back Pain
- Changes to Michigan’s Auto No-Fault Act for Physicians
- Cognitive Dysfunction in HIV and Alzheimer’s: Similarities and Differences
- COVID Reviews
- Harm Reduction in Practice and Policy Strategies
- LGBTQ Health in MI: An Overview and Efforts to Improve Care & Reduce Health Disparities
- Licensing App, Renewal and CME Requirements
- Medical Management for Obesity in Adult Patients
- Navigating the No Surprises Act
- Post-Exertional Malaise
- Surviving Litigation
- The Gravity of Licensing Disciplinary Actions



- Update on the Omicron Variant
- Vaccine Recommendations for Patients who are Immunocompromised Part 1
- Vaccine Recommendations for Patients who are Immunocompromised Part 2

## Practice Management Series

- Ask the Experts – Legal Panel
- Care Management Billing Services
- Correct Submission of Chronic Care Management and Depression Screening
- Cyber Security – The 10 Things You Need to Know to be Secure
- Embezzlement: How to Protect Your Practice
- Employee Management in the COVID Era
- Helping Patients Navigate Insurance
- Medical Records Basics
- Navigating the State and Federal Surprise Billing Legislation: 2022 Update
- Office Billing Policies and Procedures for No Surprises
- Patient No Show Policy
- Payer Panel
- Resources to Navigate Surprise Billing Requirements

CONTINUED ON PAGE 9



# MSMS ON-DEMAND WEBINARS CONTINUED FROM PAGE 8

## A Team Based Approach Training Modules

- Module 1: How to Develop a Pharmacist-Physician Collaboration
- Module 2: Medication Therapy Management Reimbursement and ROI
- Module 3: Best Practices for Addressing Workflows, Resources, and Challenges
- Module 4: Patient Case Scenarios

## Other Webinars

- Approach to Peripheral Neuropathy
- Connecting Treatment Courts and Health Care Professionals
- Hey Doc, What Are the Best Supplements to Take?
- Improving Health Outcomes for Healthy Michigan Plan Patients: Using the Health Risk Assessment to Help Address Social Determinants of Health
- In Clinic Screening for cognitive Impairment in Older Persons Living without and with HIV
- Integrating Pharmacists into Practice: The Missing Link

- For Comprehensive Medication Therapy Management
- Long COVID and Post-Viral Syndromes
- Neurology Update 2023
- Provider Performed Microscopy: Common Pitfall and a Review of Regulatory Requirements
- Trauma Informed Care for All: Universal Precautions for You and Your Patients
- Update on Chronic Fatigue Syndrome Part 1: Clinical Diagnostic Criteria for Chronic Fatigue Syndrome/CFS now called Myalgic Encephalomyelitis or ME/CFS
- Update on Chronic Fatigue Syndrome Part 2: Uniting Compassion, Attention and Innovation to treat ME/CFS
- Updates in Endocrinology

## Registration

To register or to view full course details, visit: <https://connect.msms.org/Education-Events/On-Demand-Webinars>. Once registered, you will receive an email with instructions and a link to watch the on-demand webinar and to complete the survey evaluation. Contact Beth Elliott at (517) 336-5789 or [belliott@msms.org](mailto:belliott@msms.org) with questions.



Scott D. Alfree  
Practice Team Chair



Staci DeRegnaucourt



Ronald G. DeWaard



Jordan C. Giles



Charyn K. Hain



Yvonne George



Zachary J. Meyer



Elizabeth Wells Skaggs



Sarah L. Wixson



Tier 1 Metropolitan Ranking in Health Care Law



# A Leading Health Care Law Firm

- Every Aspect of Domestic and International Health Care Compliance
- All Health Care System Needs
- Private Equity Capital Formation and Capital Deployment Transactions
- Physician Services
- Acquisitions/Joint Ventures
- Professional/Medical Staff Issues
- Contractual Relations
- Managed Care/Integrated Delivery Systems
- Regulatory Enforcement
- Health Care Privacy
- Bond Financing
- Certificate of Need
- Reimbursement Issues
- Government/Legislative
- Accreditation, Licensing, Certification
- Antitrust Issues
- Patient Care Issues
- Quality Assurance and Risk Management
- All Aspects of Health Care Intellectual Property and Market Strategies

# VARNUM

varnumlaw.com

# EXAM ROOMS FOR SUBLEASE

Conveniently located in Southeast Grand Rapids with easy access to 28th St., East Beltline, East Paris and shopping.



NO monthly contracts!  
Per diem lease

-  
Pay for the room you use.

Easy transition -  
Begin seeing patients the next day.

Ready on day one!  
Bring your own laptop and plug, care, and bill.



Plenty of free parking for patients and guests. Located near bus line stops.

ADA compliant building with elevator access.

Shared waiting area.

Lunchroom for staff.

Option to use shared charting room.

Easy to book and pay for per diem rooms via online portal.

**SCHEDULE A TIME TO TALK AND TOUR THE SPACE**

Belen Amat, MD, Owner

Direct Primary Care of West Michigan

3501 Lake Eastbrook Blvd., SE, Suite 258

Grand Rapids, MI 49546 Phone: (616) 202-4088

Email: [belenamat@dpcwestmi.com](mailto:belenamat@dpcwestmi.com)



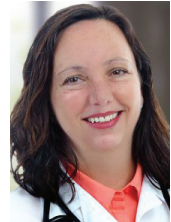
# 2023

*year in review*



BARRY COUNTY MEDICAL SOCIETY

## Making Time in 2024



**Belén Amat, MD**  
2023 President  
Barry County  
Medical Society

COLLABORATION

As you know, I have enjoyed the privilege of working with Barry County Medical Society and the Kent County Medical Society. While I have learned that re-engaging a small medical society is harder than I had hoped, at minimum I have tried to be sure what is offered to other counties can also be extended to the smaller, struggling county medical societies.

As a result, Barry County members of MSMS have been able to continue communication on MSMS member benefits—whether this quarterly magazine; online email messages reminding you of deadlines, CME opportunities and other critical information for you and your practice team.

In the past few years, we have expanded the West Michigan Legislative Committee to include Kent County's neighboring Ottawa, Barry, Kalamazoo in addition to our Kent County Osteopathic Association colleagues. Led by the Committee Chair, Jayne E. Courts, MD, the expansion to include regional input and education with legislators has been well received by an increased number of physicians attending this meeting. In addition, more medical disciplines are represented.

In case you are not aware, Kent County has many representatives on the Michigan State Medical Society Board, and physician members representing you and other regional physicians at the American Medical Association level. We also established new relationships with new members and other delegations from Grand Traverse, Muskegon, and Shiawassee counties. By fostering these relationships and tapping the expertise of our colleagues across county lines, we can hone our proposals and increase their chances of adoption.

We have many exciting challenges in the next few years, we need to continue to work on improving the prior authorization process, for our patients, but also for our medical practices. Protecting patients by defining the physician as the leader of the medical team is critical. Also, resisting expedited Scope of Practice issues without addressing how the push of expanded Scope of Practice has shown to increase over-testing and escalated costs by teams led by non-physician professionals. We also need to work on giving a voice to all physicians, employed or independent, primary care or specialists, working in rural areas or cities, we all need to share ideas and talk to each other to improve the practice of medicine for our patients, but also for ourselves.

Plan to make time for the professional societies that work for you—physicians who guide patients and their families to healthy futures.

Wishing you and your family a blessed holiday season and 2024!

**Belén Amat, MD**  
*Barry County Medical Society President*

YOU'RE INVITED



PRESIDENT SHAMA TAREEN, MD INVITES YOU TO JOIN THE

# 2023 Annual Meeting

*of the Membership of the Kalamazoo Academy of Medicine*

*monday*

**NOV**

**20**

**5:15 PM**

Join this virtual meeting to reconnect, engage and be a voice for Kalamazoo physicians!

### *registration*

Meeting registration is necessary and a Zoom link will be sent in a reminder notice as the date approaches.



[patricia@kcms.org](mailto:patricia@kcms.org)



**(616) 560-5336**

### *agenda*

Election of 2024 KAM Board of Directors

Election of KAM Officers

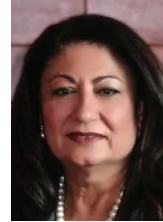


# 2023

*year in review*



## KAM Member Update



**Shama Tareen, MD**  
2023 President  
Kalamazoo Academy  
of Medicine



**Mark E. Meyer, MD**  
Region 5 Director  
Kalamazoo Academy  
of Medicine

COLLABORATION

You may know that 2023 is the 145th year of Kalamazoo Academy of Medicine, and the 157th year of Michigan State Medical Society.

During the early years of both organizations, the county society's President most likely addressed challenging issues related to continuing their education, treating illness, and preventing typhoid, cholera or other diseases in their community. Fortunately, public health addresses many of these issues, but the issues that physicians also face are in the profession itself—with expanded threats to Tort Reform and Scope of Practice, life-and-work balance concerns and physician job satisfaction. Organized medicine addresses these issues to improve physician well-being, protect our practices and to resolve the challenges we all face day-to-day.

Alongside our regional partners, the Kalamazoo Academy of Medicine can address problems and share benefits with all physicians—from CME opportunities, resources, and social events for our members. As our hospital systems have spread across county lines, so should our physician support organizations. The added numbers in collaborative meetings with other West Michigan counties help all the counties to offer interesting opportunities for our members.

KAM members and Kalamazoo legislators participate in the West Michigan Legislative Committee, which includes Kent, Barry, and Ottawa County Medical Societies. The focus of this

regional approach is to seek direct conversation with legislators on chosen topics—in fact they are asked what their offices are working on to improve the practice of medicine. Please continue supporting the MDPAC and continue the conversation with our legislators. The more they are aware of issues that affect physicians, the better they can respond to support us.

KAM welcomes and needs your input, ideas, and your continued Membership in the Kalamazoo Academy of Medicine. We partner with the Kent County Medical Society office which provides administrative support to our members. This publication of the *Bulletin* is just one effort that is available to KAM members, as well as E-newsletter updates, periodic emails, and communication on our members. We need your involvement as a leader and as a Delegate representing Kalamazoo area physicians. Please consider a role in KAM leadership in the new year.

Wishing you and your family a happy and healthy year end and a bright and prosperous 2024.

**Shama Tareen, MD**  
*Kalamazoo Academy of Medicine President*

**Mark E. Meyer, MD**  
*Region 5 Director*

# 2023

*year in review*



OTTAWA COUNTY MEDICAL SOCIETY

## Support Organizations That Support You



**Bryan Huffman, MD**  
2023 President  
Ottawa County  
Medical Society

I hope you all are able to enjoy some quality time with friends and family over the holiday season. It is well deserved. Although most of us prefer the West Michigan summers to its winters, I have come to enjoy the relative calm of the winter months.

Although the holidays tend to be a busy time, I find things tend to slow down a bit after January first. I have come to enjoy this time as a chance to get some projects done, and enjoy a bit more free-time until the next summer comes along.

The medical society has been quite busy representing our interests at a state and local level. It continues to educate legislators about the importance of scope of practice and the importance of a health care team that is led by physicians. It is working to decrease the burdens of redundant licensing and continuing medical education requirements. It is working to address issues with the surprise billing legislation that some insurers are abusing in order to undercut physician reimbursement. The medical society is constantly advocating for things that are important for the practice of medicine in Michigan. Your continued support is necessary and appreciated.

The OCMS is always interested in any member's desire to participate as a representative of our county society—whether on the Board of

Directors, the regional Legislative Committee or our MSMS House of Delegates. The House of Delegates is run much like a state house or the U.S. House, and I have found participation in it to be very interesting and rewarding. If you are interested in being more involved in advocating for physicians and helping form policy, please let me know. I will be happy to help you get involved.

The Ottawa County Medical Society and the Michigan State Medical Society remain the only organizations advocating for physicians at a local and state level. Many of the decisions that affect our daily practice are made at the state level. Your continued support is needed to give physicians a representative voice in Lansing that can help educate legislators regarding physician and patient issues. We appreciate your continued support to help get this important task done.

Happy holidays.

**Bryan Huffman, MD**  
*Ottawa County Medical Society President*



# AMA Reports Joy in Medicine Update

The annual Joy in Medicine™ Health System Recognition Program recognizes organizations from across the country for their dedication to building well-being and reducing physician burnout in their organization.

## JOY IN MEDICINE

Health System Recognition Program

There are three levels of recognition in the Joy in Medicine Health System Recognition Program: Bronze, Silver and Gold. Recognition levels are valid for two years before organizations can apply to renew or increase their recognition.

The following West Michigan health systems were recently recognized by the Joy in Medicine Health System Recognition Program in 2023. West Michigan medical societies and physicians appreciate the support and continued efforts to make improvements and enhancements for physicians and health care teams.

### 2023 RECOGNIZED ORGANIZATIONS

- **Corewell Health**  
*Silver*
- **Mercy (currently Trinity Health West Michigan)**  
*Bronze*
- **Michigan Medicine, University of Michigan**  
*Silver*
- **MyMichigan Health**  
*Bronze*
- **University of Michigan Health-West**  
*Bronze*



## Helping Guide You to Your Dream Retirement

616-774-2372

[heitzman-associates.com](http://heitzman-associates.com)

233 E Fulton, Suite 224  
Grand Rapids, MI 49503



Jeffrey Heitzman offers products and services using the following business names: Heitzman & Associates, Inc. or Canvas Financial - insurance and financial services | Ameritas Investment Company, LLC (AIC), Member FINRA/SIPC - securities and investments | Ameritas Advisory Services (AAS) - investment advisory services. AIC and AAS are not affiliated with Heitzman & Associates, Inc., Canvas Financial or FMG Suite. Representatives of AIC do not provide tax or legal advice. Please consult your tax advisor or attorney regarding your circumstances.

# In Memoriam

## KCMS

### **GWENYTH EVENHOUSE, MD**

Gwenyth Evenhouse, MD was born in 1937, in Brisbane, Australia. Early in life she took an interest in Midwifery practice. After graduating from high school, she graduated from Queensland University and later gained her Royal College of Obstetrics and Gynecology certificate in London, England. Upon completion of her studies, she returned home to Australia by way of Nigeria where she visited the mission station of the Christian Reformed Church.

She moved to Grand Rapids and completed a residency, and for 14 years she maintained a solo Obstetrics practice at St. Mary's Hospital. She served in various hospitals in Cleveland and Columbus, OH., in Kentucky, Oklahoma and Montana. In 2001, Dr. Evenhouse retired. She passed away on October 13, 2023.

### **JOHN CARL PEIRCE, MD**

John Carl Peirce, MD, passed away on July 15, 2023. Known as Jack to family, friends, and colleagues, he was born on November 8, 1933, in Cleveland, Ohio. He attended University of Michigan for both undergraduate studies and medical school completing his medical degree in 1958, he completed an internship at Presbyterian Hospital in Denver. Upon completing his residency, the family moved to Grand Rapids in 1963.

In Grand Rapids, he practiced Internal Medicine before being hired by St. Mary's Hospital to develop their nephrology program. He began the kidney dialysis program in Grand Rapids which became the focus of Jack's early career. It was one of the first programs to offer portable hemodialysis in the region and assisted in the development of a kidney transplant program for West Michigan. At the same time, he took on the role of Director of Medical Education at St. Mary's and became an active and influential member of the Grand Rapids Area Medical Center. His passion for medical education would grow over the years.

In 1989, Jack moved to Phoenix, Arizona to become Director of Medical Education and Research for their third- and fourth-year medical education program in conjunction with Arizona State University, a position he retained for 16 years. He retired from active work in 2005.

### **BILL STAWSKI, MD**

Williard Stawski, MD passed away on October 8, 2023. Bill was born in 1940 and grew up in the Village of Caledonia, Michigan. He attended the University of Michigan and continued his studies at U of M and completed medical school in 1966. He served two years in the US Air Force at Luke AFB in Arizona. He returned to Grand Rapids to practice and teach surgery until he retired in 2013.

Bill demonstrated great compassion and admiration for his patients, colleagues, and hospital staff, and he was universally loved by the people he interacted with. One of his greatest passions was teaching medical students and surgery residents. Many of them continue to share stories that highlight his characteristic wit and humor.

He was an active member of the Frederick A. Collier Surgical Society. He served as president of the Kent County Medical Society, Midwest Surgical Association and was a life member of Michigan State Medical Society. Dr. Stawski served for many years as a Kent County Delegate at the MSMS House of Delegates and a Michigan Delegate to the American Medical Association.

## KCOA

### **LAWRENCE J. LISZEWSKI, DO**

Dr. Larry Liszewski passed away on March 25, 2023. Dr. Liszewski graduated from the Chicago College of Osteopathic Medicine. He practiced for 48 years as a family physician. For many years he practiced in Grand Rapids and was an Active Staff of the Grand Rapids Osteopathic Hospital (now University of Michigan-West) and then in Scottsdale, Arizona.

CONTINUED ON PAGE 17



# Editorial Committee Welcomes YOU, Doctor!

The Editorial Committee welcomes you. This Committee reviews content, articles and early drafts of the quarterly *Bulletin* magazine. If you enjoy reading and even writing, this committee is an easy way to volunteer and does not require a great deal of time. Please contact Patricia Dalton if you are interested in serving ([patricia@kcms.org](mailto:patricia@kcms.org)).

## IN MEMORIAM

CONTINUED FROM PAGE 16

### CARL JOHN KUBEK, JR., DO

Carl John Kubek, Jr., DO passed away on October 12, 2023. Dr. Kubek was born in Wilkes-Barre, PA in 1940. He earned a football scholarship to King's College, pursued a medical degree at the Chicago College of Osteopathic Medicine, and completed a radiology residency at Grand Rapids Osteopathic Hospital. Throughout his career as a Radiologist, Carl was committed to caring for his patients around the clock and across the country—at Metropolitan Hospital, Reed City Hospital, nursing homes, urgent cares, in his private practice at DMI clinic, and as an early pioneer in telemedicine. Dr. Kubek served as President of Kent County Osteopathic Medical Society in 1975.

## SOLID ADVICE. REAL SOLUTIONS. FOR HEALTH CARE BUSINESS.

**At The Health Law Partners, our unparalleled knowledge of the business of health care is coupled with timely, practical solutions designed to maximize value.**

**The HLP attorneys represent clients in substantially all areas of health law, with particular emphasis on:**

- Licensure & Staff Privilege Matters
- Health Care Litigation
- Health Care Investigations
- Civil & Criminal False Claims Defense
- Stark, Anti-Kickback, Fraud & Abuse, & Other Regulatory Analyses
- Physician Group Practice Ancillary Services Integration and Contractual Joint Ventures
- Appeals of RAC, Medicare, Medicaid & Other Third Party Payor Claim Denials & Overpayment Demands
- Health Care Contractual, Corporate & Transactional Matters
- Compliance & HIPAA
- Health Care Billing & Reimbursement

**HLP**   
THE HEALTH LAW PARTNERS

MICHIGAN  
NEW YORK

TheHLP.com [248.996.8510]



# Join Us

KCOA MEETINGS OF INTEREST

## TUESDAY, NOVEMBER 14, 2023

### WMOA FALL INTERFACE

Register at [osteopathicfoundation.org/wmoa-events](http://osteopathicfoundation.org/wmoa-events)  
Trillium Catering and Event Center | Spring Lake, MI  
Topic/Presenter: The Culture of Medicine – Case Reports,  
Ryan Offman, DO; Emergency Medicine, Tim Cook, DO  
CME Accreditation: 2.0 Category 1-A CME Credits

## TUESDAY, DECEMBER 12, 2023

### WMOA BONUS WINTER INTERFACE

Register at [osteopathicfoundation.org/wmoa-events](http://osteopathicfoundation.org/wmoa-events)  
Trillium Catering and Event Center | Spring Lake, MI  
Topic/Presenter: Broad Strokes of the Neurobiology of Addiction  
and Medication Approaches to Treatment, James Twestin-O’Toole, MD  
CME Accreditation: 2.0 Category 1-A CME Credits

## FEBRUARY 3, 2024

### NATIONAL WOMEN PHYSICIANS’ DAY

## MARCH 30, 2024

### NATIONAL DOCTORS’ DAY

## APRIL 17-23, 2024

### NATIONAL OSTEOPATHIC ASSOCIATION WEEK

## MAY 16-19, 2024

### MOA 125TH ANNUAL SPRING SCIENTIFIC CONFERENCE

Somerset Inn | Troy, MI

### OUR MISSION:

*Kent County Osteopathic Association seeks to advocate for the physicians of Kent County, advance the science and practice of osteopathic medicine, and provide an arena of osteopathic physicians to support and educate each other and their community.*

## Visit us

For event details, check out our website [kcoa-mi.org](http://kcoa-mi.org)



## KCOA OFFICERS & DIRECTORS

### PRESIDENT

William Sanders, DO

### IMMEDIATE PAST PRESIDENT

Adam T. Wolfe, DO

### VICE PRESIDENT

Jennifer Hemingway, DO

### DIRECTORS

Christopher Barnes, DO

Craig Bethune, DO

Christopher Glisson, DO, MS

Paul Harris, DO

Brad Irving, DO

Norm Keller, DO

Lance Owens, DO

Jacob Stremers, DO

Laura VanderMolen, DO

### MICHIGAN OSTEOPATHIC ASSOCIATION

#### PAST PRESIDENT

Jeffrey D. Postlewaite, DO

#### SPEAKER OF THE HOUSE

### OF DELEGATES MICHIGAN OSTEOPATHIC ASSOCIATION

Craig H. Bethune, DO

#### MOA DELEGATION

Craig Bethune, DO

Bradley Clegg, DO

Joanne Grzeszak, DO

Norman Keller, DO

Edward Lee, DO

Gary Marsiglia, DO

Jeffrey Postlewaite, DO

William Sanders, DO

C. Eugene Soechtig, DO

Adam Wolfe, DO



# 2023

*year in review*

PRESIDENT'S MESSAGE

## Supporting Osteopathic Physicians in West Michigan



William Sanders, DO  
2023 KCOA President,  
Board of Directors

As we look at the end of the year approaching, and all that is entailed with that, I would simply like to thank the Kent County Osteopathic Association members who invest in our organization.

Our history in West Michigan began in the late 1930's when our colleagues were fighting for parity in the medical community. In the early 1940's as two Osteopathic hospitals were created, and physicians actually invested in or "owned" the hospitals, we began to be seen as partners in health care in West Michigan.

While challenges for physicians and medical teams have changed, I am proud that our Association is still working to assist you in the care you provide, the education you seek or require and the business topics that will assist your practice.

Of course, we represent physicians who practice in groups, hospital practices and independent practices and your input is welcome as to how we can assist you in caring for patients and their families.

Finally, I hope your sense of passion for serving our community as an osteopathic physician has been reignited over the last several years. The COVID pandemic has reminded me of the osteopathic history I learned during medical school. I recall learning that during the Spanish Flu pandemic from 1917-1920 the osteopathic profession

gained significant recognition because of increased survival rate of patients treated by osteopathic physicians. The osteopathic physicians during the Spanish Flu pandemic were noted to recommend evolving and novel techniques such as isolation of patients to limit the spread of the virus, strict sterilization, and Osteopathic Manipulative Therapies (OMT) to help heal patients and keep the community safe. While the data around the reasons for the increased survival rates has been debated it was clear that Osteopathic physicians were on the front lines treating patients during the deadly pandemic. I am proud once again that the Osteopathic profession has been instrumental in treating patients through the deadly COVID pandemic. It has been an honor to have worked alongside each of my fellow osteopathic physicians during this pandemic as we continued to demonstrate our commitment to the community utilizing our training and skills nearly a century after the deadly Spanish Flu pandemic.

On behalf of the Kent County Osteopathic Association Board of Directors, we wish you the best this holiday season and in 2024. We appreciate your continued membership and involvement. Thank you all for your time, hard work, and compassion.

## 2024 Dues Information

A friendly reminder that KCOA Dues for 2024 are due by December 31. Please note that your dues are 99% tax deductible. Your suggestions and input are always welcome, as is your time. We welcome new Board

Members, Delegates and participants with KCOA and our efforts with the West Michigan Societies Legislative Committee. Contact Patricia Dalton at [patricia@kcms.org](mailto:patricia@kcms.org) or (616) 560-5336 if you would like to learn more.



Michigan Osteopathic Association

# CME Opportunities and licensing requirements

KCOA

The MOA provides CME in live and on demand formats to help physicians meet state licensing requirements. The MOA is accredited by the American Osteopathic Association to offer AOA Category 1-A continuing medical education credits and *AMA PRA Category 1 Credit(s)<sup>TM</sup>* through a MyMichigan Health Joint Providership.



MICHIGAN  
OSTEOPATHIC  
ASSOCIATION



MHA  
Michigan Health &  
Hospital Association

## MATE Act Training to Fulfill DEA Application and Renewal Process

David Neff, DO; David Best, DO, Pamela Lynch, LMSW, CAADC  
Meet the new 8-hour training requirement on demand!

The Michigan Osteopathic Association (MOA) and Michigan Health & Hospital Association (MHA) have teamed up to offer Medication Access and Training Expansion (MATE) Act training requirements on demand for the treatment and management of patients with opioid and other substance use disorders and to meet the Drug Enforcement Administration's (DEA) one-time, eight-hour training requirement for all DEA registered practitioners.

**Effective on June 27, 2023, all DEA-registered and new medical practitioners are required to attest to the completion of the training when renewing or completing an initial registration.**

This course qualifies for 9.25 AOA Category 1-A Credits and 9.25 *AMA PRA Category 1 Credit(s)<sup>TM</sup>*. The DEA training is available for purchase in the online learning center at [www.cmelearningcenter.com](http://www.cmelearningcenter.com), and individual modules are also offered.

CONTINUED ON PAGE 19



**Registration Rates**

**MOA & MHA Members \$149**

**Non-Members \$199**

**Group discount offered for multiple providers from the same organization:**

- 5-25, \$125 per Provider
- 26-50, \$100 per Provider
- 51-100, \$75 per Provider

Please contact MOA for rates for more than 100 providers.

**CME Accreditation**

The Michigan Osteopathic Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The Michigan Osteopathic Association designates this program for a maximum of 9.25 AOA Category 1-A Credits and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity. Upon course completion, MOA will submit credits to AOA.

MyMichigan Health is accredited by the Michigan State Medical Society (MSMS) to provide continuing medical education for physicians. MyMichigan Health designates this live activity for a maximum of 9.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MyMichigan Health and Michigan Osteopathic Association. Upon course completion, an EEDS link will be provided for MD credit submission.

Physicians have the option to register for full course, that fulfills the DEA requirements, or individual modules. Take advantage of MOA and MHA discount member and group rates by registering at: [www.cmelearningcenter.com](http://www.cmelearningcenter.com)

-----  
**State Required CME**

**Michigan LARA Requirements for Osteopathic Physicians**

License Cycle: 3-year

150 hours of continuing education in which a minimum of 60 continuing education credits must be obtained through MI LARA category 1 programs and a minimum of 40 hours of continuing education must be AOA approved.

**Medical Ethics: 1-hour**

**Implicit Bias Training: 3-hours**

**Human Trafficking: One-time training**

**Pain and Symptom Management: 3-hours**

**Opioid and Controlled Substances Awareness: One-time training**

Licensing requirement information at [www.domoa.org/cmeinfo](http://www.domoa.org/cmeinfo)

-----  
**Michigan Osteopathic Association Learning Center**

**On-Demand CME Available 24/7/365!**

The MOA Learning Center provides a variety of on demand CME courses offering AOA Category 1-A and *AMA PRA Category 1-A Credit(s)*<sup>™</sup>. Over 200 hours of on-demand courses are available to help you meet your licensing requirements! Register for MOA on-demand CME at [www.cmelearningcenter.com](http://www.cmelearningcenter.com)



KENT MEDICAL FOUNDATION

# Holiday Card CAMPAIGN

## SHARE YOUR HOLIDAY WISHES

WHILE HELPING THE KENT MEDICAL FOUNDATION RAISE FUNDS TO SUPPORT COMMUNITY PROGRAMS

Contribute to this annual campaign and your name will be listed among other donors who have helped make the annual Holiday Card possible!

### CONTRIBUTIONS

Holiday Card Campaign Gifts received by November 28 will be included in the annual Holiday Card, which will be mailed the first week in December. You can contribute in two ways:

#### CHECK

Please make check payable to Kent Medical Foundation. Complete donor form at right and mail to:

#### Kent Medical Foundation

233 East Fulton, Suite 224  
Grand Rapids, MI 49503



#### ONLINE VIA PAYPAL

Go to [kentmedicalfoundation.org](http://kentmedicalfoundation.org) or simply scan this QR code.

### QUESTIONS?

Please contact the Kent Medical Foundation at 616-458-4157.



KENT MEDICAL FOUNDATION

## Holiday Card CAMPAIGN

### DONOR REGISTRATION

**YES!** Count me/us in to continue the mission to assist The Kent Medical Foundation in community outreach endeavors and health promotion projects. Please find my/our check enclosed for the following amount (contribution amounts are NOT disclosed on the card):

\$1,000    \$750    \$500    \$250    \$100    \$ \_\_\_\_\_    Please keep my donation anonymous.

Please print your name(s) below exactly as you would like to be presented on the Holiday Card insert.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Please return to: Kent Medical Foundation | 233 East Fulton, Suite 224 | Grand Rapids, MI 49503

**Contributions are tax deductible.**



KENT MEDICAL FOUNDATION

## *Holiday Card* CAMPAIGN

### THANK YOU FOR YOUR SUPPORT IN GRATITUDE

Thank you to our donors for allowing the Kent Medical Foundation Board of Trustees the opportunity to support community programs. The following grants were made to date in 2023:

#### **Calvin HEALTH Camp**

This unique, five-day camp on Calvin University's campus for girls ages 9-15 years who are living in low socioeconomic and diverse racial backgrounds in Grand Rapids. Using faculty and health professionals for instruction, the camp promotes health by introducing participants to basic health concepts including the importance of nutrition, exercise, reproductive health, maintaining mental health and self-esteem, addressing anxiety, chronic diseases, social factors of health, genetics, and cancer. A grant in the amount of \$5,500 was made.

#### **Grand Rapids Children's Museum**

The recent pandemic forced a closing of all events for the Grand Rapids Children's Museum. A grant from the Kent Medical Foundation allowed for the GRCM to host two events, focusing on access for families with children on the Autism spectrum. Families were able to benefit from a limited-capacity visit to appreciate a calmer museum setting. A grant in the amount of \$2,500 was made.

#### **Hand 2 Hand**

Hand2Hand exists because a hungry child hurts, and the weekend is one of the most vulnerable times for a child who experiences food insecurity. Hand2Hand partners with local churches and schools to feed children in West Michigan who have been identified as being at risk of weekend food insecurity. Since 2008, Hand2Hand has provided students with weekend meals. They feed more than 10,327 students in 273 schools in Allegan, Barry, Kent, Mason, Muskegon, Newaygo, Ottawa and VanBuren Counties. A grant in the amount of \$3,000 was made.

#### **Physician Volunteerism Grants**

The following physicians were recognized for their donation of time and leadership to local non-profits. KMF Board grants \$250 to West Michigan health-related charities that physician members choose to share their free time and guidance. Grants of \$250 were made to the following organizations in 2023:

- **Holland Aquatic Center in honor of Bryan Huffman, MD**
- **PAWS with a Cause in honor of A.J. Rush, MD**

**Jayne E. Courts, MD**  
*President*

**Brian Janssen**  
*Past President*

**Paul Nicholson**  
*Vice President*

**Alexis Boyden**  
*Secretary/Treasurer*

**Jennifer Baguley**  
*Trustee*

**Ryan Duffy, JD**  
*Trustee*

The Trustees of the Kent Medical Foundation Board know there is competition for your generosity. It is hoped that you will continue to support the efforts of the Kent Medical Foundation and its grant-making efforts. Thank You!

The Kent Medical Foundation welcomes grant applications from local non-profits and health organizations that work to improve the health and wellbeing of our community. Contact Executive Director for more information and granting timelines at [patricia@kcms.org](mailto:patricia@kcms.org).





# heartbeat



## MESSAGE FROM THE PRESIDENT

Fall is the start of our Alliance program year, and we are certainly in full swing. Our calendar is brimming with social activities, volunteer opportunities, and educational events. We are always accepting new members! If you or someone you know is interested, [please visit our website](#).

**Who can join?** We welcome the spouses and partners of medical students, residents, practicing physicians, retired physicians, and deceased physicians. Our goals are to connect and grow through camaraderie, education, philanthropy and community engagement. Join us!

Sincerely,

President

## Foundation Spotlight

[Our Foundation](#) exists to support local health-related charities in the Grand Rapids area. At our meeting in August, we proudly distributed **over \$7,800 in local grants**.

- We provided support to **Enriched Living**, an adult foster care home, for their obesity health program and choking kits.
- We granted money to **Wedgewood** for their sensory playground benefitting autistic children.
- And we provided a grant to the **Children's Advocacy Center** for transportation for sexual assault survivors seeking therapy.

Our board will meet three more times this year to award more grants based on applications received.

## kcmsa Calendar

- 11 | 9 **Volunteer Opportunity**  
Providing dinner at Grace's Table
- 11 | 15 **VAI Metabolism Lunch & Learn**  
KCMSA sponsoring a table  
Email eileenbrader@gmail.com.
- 11 | 21 **Book Club**  
noon "Lessons in Chemistry"  
Schuler Books & Music  
2660 28th St. SE, Grand Rapids

For the most up-to-date information on events and activities, follow us on Facebook, or contact [president@kcmsalliance.org](mailto:president@kcmsalliance.org).

Follow Us!



INSTAGRAM  
[@kcmsalliance](#)



FACEBOOK  
[@kcmsalliance](#)



YOUTUBE  
[www.kcmsalliance.org](http://www.kcmsalliance.org)



## Event Recap fall 2023

### Fall Kick-Off Garden Party

*We enjoyed a beautiful afternoon at the home of one our members. It was a great day to share delicious food and drink, reconnect with old friends, and welcome new members.*



### Physician Family Day: Ice Cream Treats!

*Thank-you to Frosty Boy of Grand Rapids & Cascade for partnering with us for Physician Family Day. Members received a mailer for \$5 off an ice-cream to show our appreciation for the work and sacrifices of physician families.*



### Volunteering: In The Image S.H.O.E.S Event

*Alliance Members helped fit and distribute free shoes to area children in need. This was a joyful way to give back to our community and help families prepare for a great year of school.*



### ArtPrize Tour

*Members of both Kent County and Kalamazoo Alliances met for a delicious lunch and exciting tour of ArtPrize 2023 in downtown Grand Rapids.*





# Kalamazoo Area Medical Alliance President

Suzy Boyce Berndt has been a member of the Kalamazoo Area Medical Alliance (KAMA) for seven years. Ms. Berndt serves this year as the President of the almost 100-year organization. She was willing to share information about herself, the organization she volunteers for and her passion to give back to the medical community. She and her husband, Bradford, a practicing anesthesiologist and their daughter live in Kalamazoo.

## Learning of KAMA

I had heard about KAMA from some other spouses when we had moved to Kalamazoo as a new hire, but I was not able to attend any of the events that had been happening, due to conflicts. I remember that there had been a repeated call through email for a treasurer. After much consideration, I decided to volunteer for the role (my professional role had some similarities). I still wasn't sure I had the time to commit, so the membership director, who lived in my neighborhood, came to my house and we sat and had a two plus hour conversation. We connected on so many levels. While I had already made some friendships in the year that we had lived in Kalamazoo, I really felt like whoa, this person gets where I am coming from and this life transition. She was so passionate about this dynamic group of people, and what the organization accomplishes, and what it represents.

My first meeting was the annual cookie exchange for the medical students around the holidays, which was also a board meeting. While I was nervous to do a good job and meet so many new people, all I felt from those present was gratitude, warmth and welcome. The chatter was about how we could support a member recovering from surgery, and I was dropped into the thick of an enormous bylaws revision that was occurring that year. The group was updating the language around itself to match our inclusivity and use of technology. I knew that this was a thoughtful, motivated, and generous group that I was honored to devote my time to.



Alliance Members from Kalamazoo and Kent Counties meet in Grand Rapids for ArtPrize.

## KAMA Goals

Our primary goal has not changed in nearly 100 years: we support the greater Kalamazoo community, and our own medical community. We organize events for our members to connect and relax, be it supporting a local small business at a private paint and sip event this autumn, or a family cookout at our home for Physicians Families Day over the summer. I'm excited about an event that we haven't done for several years, in partnership with the Kent County Alliance, attending ArtPrize together. We have purchased a block of tickets to a Western Michigan University hockey game this coming season as an opportunity for our partners to attend an event with us too.

CONTINUED ON PAGE 27



# KALAMAZOO AREA MEDICAL ALLIANCE PRESIDENT

CONTINUED FROM PAGE 26

We continue to work on strengthening our relationships with our community partners: the Hospital Hospitality Houses, the Kalamazoo YWCA, and WMed (Western Michigan University Homer Stryker M.D. School of Medicine). We do this through supply drives, a cooking day at the hospital hospitality houses, and participating in fundraising events.

My overall goal this year is to reconnect with our members and get to know those in the group better. I feel like during the pandemic, we lost touch with so many friends, and I am eager to learn what our KAMA members are doing, and what they are passionate about.

## Current Activities for KAMA

Around the holidays, we do two events: the cookie exchange for WMed students and our holiday mingle. During the medical students' exam week, we provide hundreds of cookies and treats for medical students. The cookies are set up right outside their exam rooms.

I am happy to report our Holiday Mingle is becoming a new, old tradition. This year, we will host it at a local restaurant, so that the event is a bring-nothing, do-nothing style event for our membership. The point is to simply come on your own, or with your partner, and have a "catch up" with friends over drinks and delicious food. It's festive, relaxed, and fun. Just what we need as the year winds down!

## Upcoming Events

We are always exploring ways to vary our calendar. We love the activities that have become the cornerstones of our year, and it is also a pleasure to discover what may be new and exciting to our membership. The hockey game mentioned above will be a first, and I am hopeful it will appeal to folks who may not have come out with us in a while. The same goes for finding creative ways to aid our community partners.

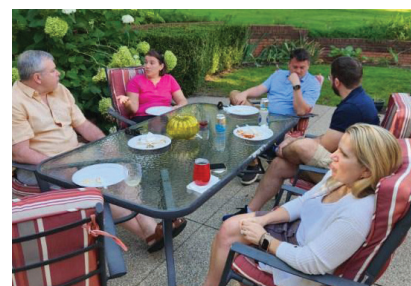


KAMA members meet for the organization's Annual Meeting.

As we approach our Centennial in a few years, I am eager to learn about our history, mainly out of my personal curiosity. Our Welcome Brunch speaker was the Regional History Curator at the Zhang Legacy Collections at Western Michigan University, which holds our archives. It was inspiring to learn about the founder of the group, a true Renaissance Woman, and the motivations of the original members. I am looking forward to visiting the archives later this year, and sorting through the items that have been preserved. It is sure to be enjoyable, and remind us of what we value about our organization.

## Join KAMA

Folks tend to learn about KAMA through word of mouth. We are eager to share all the wonderful things KAMA is doing. Often, we encourage prospective members to attend our social or charitable events before joining. Signing up through our website ([kalamazooama.org](http://kalamazooama.org)) or through our membership chair is the way to make it official. We love when people join, and then turn out for our activities!



KAMA members enjoy social gatherings.

KAMA



Angela Thompson-Busch, MD, PhD  
Community Assistant Dean,  
Grand Rapids Campus  
Michigan State University  
College of Human Medicine

# Diversity Updates

It comes as no surprise that September was a busy month for medical school students and faculty. We celebrated the matriculation of 189 new students while helping 190 fourth-year students prepare their residency applications.

We continue to be excited about the diversity of our incoming class: 80% of the class are from Michigan, and 23% are from rural communities; 24% are the first generation in their family to graduate from college; 63% come from

disadvantaged backgrounds; and 57% are women and 43% men, representing at least five sexual orientations.

Additional racial and ethnic statistics include:

- White only: 49%
- Black/African American: 18%
- Asian: 16%
- Hispanic/Latino: 10%
- Not reported: 1%
- Other: 4%

Residency applications for the fourth-year medical students

were released to programs on September 27, at 9am EDT. Last year the [National Resident Matching Program](#) says that 42,952 applicants submitted a rank list. Of those, 81% matched, leaving several thousand qualified people without a residency. Each year the application process seems to get a little more stressful than the year before. This year students needed to choose geographic regions of interest in addition to “signaling” residency programs of their interest. They documented meaningful experiences, significant experiences, impactful experiences, and publications and presentations along with their personal statement. All of this is prepared while passing USMLE Step 2 and doing audition clinical rotations. It is exhausting, but the students always find ways to be successful. We hope for another great Match Day in 2024!



**KEYSTONE**  
COMPOUNDING PHARMACY  
*Specializing In Your Health*

CONTACT US FOR TAILORED SOLUTIONS TO ADDRESS  
YOUR MOST CHALLENGING PATIENT NEEDS

**SPECIALIZING IN...**

- BIDENTICAL HORMONE REPLACEMENT THERAPY
- LOW DOSE NALTREXONE
- VETERINARY MEDICINE
- WOUND THERAPY
- PAIN FORMULATIONS



**ACCREDITED**  
COMPOUNDING  
PHARMACY

4021 Cascade Rd. SE Phone: 616.974.9792  
Grand Rapids, MI 49546 Fax: 616.464.3469 [www.keystonerx.com](http://www.keystonerx.com)





Nirali Bora, MD  
Kent County  
Health Department  
Medical Director

# Immunization Updates

Amy Shears, RN, Nirali Bora, MD, MPH

As fall is quickly approaching our lovely state, activities turn from outdoor adventures to indoor gatherings and celebrations. Along with this seasonal change comes the annual fall virus season.

We are fortunate this fall to have three vaccines to help keep our communities and families safe from severe disease and hospitalization.

## Annual Influenza Vaccine (Flu)

The Centers for Disease Control and Prevention (CDC) recommends an annual Influenza vaccine for individuals 6 months and older. For the 2023-2024 Influenza season there has been an update to the composition of the vaccine due to the evolving nature of the viruses. The Advisory Committee on Immunization Practices (ACIP) voted and approved that people with egg-allergy may receive any flu vaccine, egg based, or non-egg based, that is appropriate for their age and health status. Flu vaccine timing recommendations remain the same from past years. Individuals should start receiving their flu vaccine in September and October. Physicians should be offering flu vaccine to patients by the end of October. The recommendations continue for adults 65 years and older to receive a higher dose or adjuvanted influenza vaccine annually.

## Respiratory Syncytial Virus (RSV) Vaccine

Each year RSV causes substantial morbidity and mortality in older adults and is the leading cause of hospitalization among infants in the United States. The Food and Drug Administration (FDA) and CDC have made three RSV immunizing products available to our most vulnerable populations.

### ADULTS 60 AND OVER

There are two RSV vaccines, trade names Abrysvo and Arexvy, that have been approved for adults 60 years of age and older. Abrysvo is an adjuvanted vaccine while Abrysvo

is a bivalent vaccine without adjuvant. These vaccines are administered as a single dose using shared clinical decision making. These vaccines have demonstrated moderate to high efficacy in preventing symptomatic RSV associated lower tract disease over two consecutive RSV seasons. For the 2023-2024 RSV season, the RSV vaccine should be offered as early as vaccine supply is available.

### INFANTS

In August 2023, ACIP recommended nirsevimab, a long-acting monoclonal antibody, for all infants aged <8 months who are born during or entering their first RSV season and for infants and children aged 8-19 months who are at increased risk for severe RSV disease and are entering their second RSV season. In clinical trials, one dose of nirsevimab protected infants for 5 months and reduced the risk of severe RSV disease by 80%.

In September 2023, the ACIP approved the use of Pfizer's bivalent vaccine, trade name Abrysvo, for use in pregnant individuals to protect their newborn from severe RSV illness. This vaccine has been shown to reduce the risk of RSV hospitalization for babies by 57% in the first six months after birth. A single dose of vaccine is to be administered during weeks 32 through 36 of pregnancy. ACIP also approved this vaccine for use in the Vaccine for Children (VFC) program, applying to pregnant people under 19 years of age.

### COVID-19 VACCINE

Pivoting the COVID-19 vaccine to protect against circulating strains while maintaining vaccine efficacy

CONTINUED ON PAGE 30



# IMMUNIZATION UPDATES CONTINUED FROM PAGE 29

has been the focus of vaccine manufacturers, FDA, and the CDC. The 2023-2024 formula for COVID-19 vaccine is making its way into public and private sectors for administration. The roll out for public inventory, those doses going to VFC providers, and providers for the Bridge Access Program, has been slower than originally anticipated.

mRNA vaccine products have been approved or granted EUA provisions for ages 6 months and older. Recommendations for use of the 2023-2024 formulations for mRNA products include a single dose for everyone ages 5 years and older. Children 6 months to 4 years should begin their primary

CONTINUED ON PAGE 31

**TABLE 1**  
Michigan Flu Focus week ending September 2, 2023

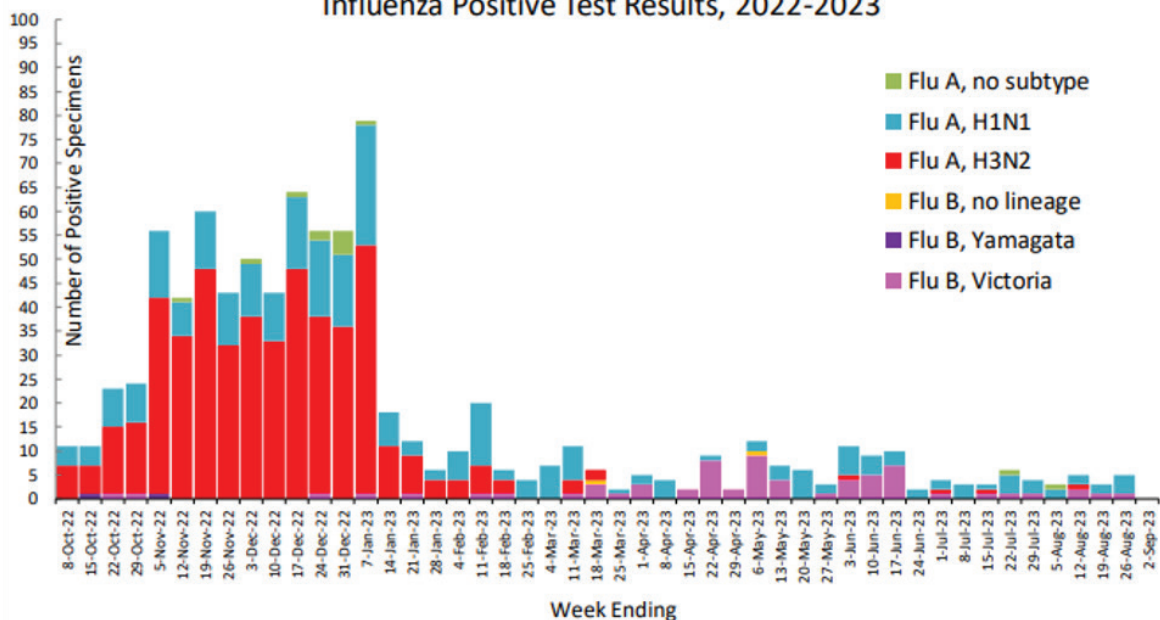
## MDHHS Laboratory Data

There were **0** positive influenza results reported by the MDHHS Bureau of Laboratories (BOL) during this time period.

# of Positive Influenza Results by Region

Flu Type, Subtype	C	N	SE	SW	Summer 2023 Total	2022-2023 Flu Season Total
Flu A, H1N1	10	0	17	13	40	230
Flu A, H3N2	1	0	1	2	4	482
Flu B	4	0	11	10	25	44
<b>Total</b>	15	0	29	25	<b>69</b>	
<b>2022-2023 Total</b>	163	6	309	278		<b>756</b>

Influenza Positive Test Results, 2022-2023



Note: Based on Specimen Collection Date. Flu B lineage data will be reported based on MDHHS BOL testing runs and will be backtracked into this graph

# IMMUNIZATION UPDATES

CONTINUED FROM PAGE 30

series or receive 1-2 doses depending on the number of prior doses administered. For people who are moderately or severely immunocompromised, recommendations are outlined in the CDC's "Use of COVID-19 Vaccines in the United States Clinical Considerations."

Novavax COVID-19 vaccine is currently authorized for use. As of September 11, [Bivalent mRNA vaccines are no longer recommended for use in the United States.](#)

The Kent County Health Department will be offering these vaccines to the public as inventory and additional information becomes available. The Kent County website will also be updated as vaccine becomes available at [Immunizations | Kent County, Michigan \(accesskent.com\).](#)

## Resources

- [Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices – United States, 2023–24 Influenza Season | MMWR \(cdc.gov\)](#)
- Michigan Flu Focus: [MIFF 9.8.23.pdf \(govdelivery.com\)](#)
- Jones JM, Fleming-Dutra KE, Prill MM, et al. Use of Nirsevimab for Prevention of Respiratory Syncytial Virus Disease Among Infants and Young Children: Recommendations of the Advisory Committee on Immunization Practices – United States, 2023. MMWR Morb Mortal Wkly Rep 2023;72:920-925. DOI: <http://dx.doi.org/10.15585/mmwr.mm7234a4>.
- Melfar M, Britton A, Roper LE, et al. Use of Respiratory Syncytial Virus Vaccines in Older Adults: Recommendations of the Advisory Committee on Immunization Practices – United States, 2023. MMWR Morb Mortal Wkly Rep 2023;72:793-801. DOI: <http://dx.doi.org/10.15585/mmwr.mm7229a4>.
- [Interim Clinical Considerations for Use of COVID-19 Vaccines | CDC](#)
- <https://www.cdc.gov/media/releases/2023/p0922-RSV-maternal-vaccine.html>
- [CDC Recommends RSV Vaccine For Older Adults | CDC Online Newsroom | CDC](#)
- [RSV Vaccination for Adults 60 Years and Older \(cdc.gov\)](#)



## YOUR SPACE, OUR BUSINESS

CONSTRUCTION | REAL ESTATE  
PROPERTY MANAGEMENT

[firstcompanies.com](http://firstcompanies.com) | 616.698.5000



# Notifiable Disease Report

Kent County Health Department  
700 Fuller N.E.  
Grand Rapids, Michigan 49503

Communicable Disease Section  
Phone (616) 632-7228  
Fax (616) 632-7085

**September 2023**

DISEASE	NUMBER REPORTED		5 YR MEDIAN CUMULATIVE YTD 2018-2022
	This Month	Cumulative YTD 2023	
AIDS	0	4	8
HIV	4	21	26
CAMPYLOBACTER	7	87	74
CHICKEN POX <sup>a</sup>	0	25	9
CHLAMYDIA	319	2774	2765
CRYPTOSPORIDIOSIS	1	21	17
CORONAVIRUS NOVEL, COVID-19	1971	13677	NA
Shiga Toxin Producing E. Coli	0	19	14
GIARDIASIS	3	12	20
GONORRHEA	95	935	966
H. INFLUENZAE DISEASE, INV	1	8	5
HEPATITIS A	0	4	2
HEPATITIS B (Acute)	0	3	0
HEPATITIS C (Acute)	1	3	3
HEPATITIS C (Chronic/Unknown)	9	69	123
INFLUENZA-LIKE ILLNESS <sup>d</sup>	2283	12638	16411
LEGIONELLOSIS	2	11	15
LYME DISEASE	5	130	24
MENINGITIS, ASEPTIC	0	7	5
MENINGITIS, BACTERIAL, OTHER <sup>c</sup>	0	14	8
MENINGOCOCCAL DISEASE, INV	0	0	0
MUMPS	0	0	0
PERTUSSIS	0	0	2
SALMONELLOSIS	3	53	56
SHIGELLOSIS	1	6	14
STREP, GRP A, INV	3	82	16
STREP PNEUMO, INV	3	47	20
SYPHILIS (Congenital)	1	2	1
SYPHILIS (Primary & Secondary)	7	46	30
TUBERCULOSIS	0	12	8
WEST NILE VIRUS	0	1	1

### NOTIFIABLE DISEASES OF LOW FREQUENCY

DISEASE	NUMBER REPORTED Cumulative 2023	DISEASE	NUMBER REPORTED Cumulative 2023
CANDIDA AURIS	2	MULTISYSTEM INFLAMMATORY SYNDROME	0
CARBAPENEMASE PRODUCING CRE	7	SHINGLES	98
GUILLAIN-BARRE SYNDROME	0	STREPTOCOCCAL TOXIC SHOCK	2
HISTOPLASMOSIS	13	TOXIC SHOCK	0
KAWASKI SYNDROME	0	YERSINIA ENTERITIS	5

a. Chickenpox cases are reported primarily from schools. Confirmed and probable cases are included. b. Includes "Influenza-Like Illness (ILI)" and lab-confirmed influenza. ILI cases have flu-like symptoms and are reported primarily by schools. c. "Meningitis, Bacterial, Other" includes meningitis and bacteremia caused by bacteria OTHER THAN H. influenzae, N. meningitidis, or S. pneumoniae. **Except for Chickenpox, Campylobacter, Coronavirus, Cryptosporidiosis, Shiga-Toxin Producing E. Coli, Salmonellosis, Shigellosis, Influenza-Like Illness, & WNV all cases reported are confirmed. Lyme Disease includes confirmed, probable, and suspect cases.** ( National Surveillance Case Definitions are included. Reports are considered provisional and subject to updating when more specific information becomes available.